

Baked Chicken Fried Steak¹⁵

Number of Servings: 15 (153.66 g per serving)

Amount	Measure	Ingredient
3 3/4	lb	Beef, bottom round outside steak, raw, 0" trim
3/4	cup	Flour, all purpose, white, bleached, enrich
3/8	tsp	Salt, table, iodized
3/8	tsp	Spice, pepper, black
9 1/2	Tbs	Oil, canola
1 1/2	tsp	Seasoning, original blend
1 1/2	ea	Eggs, whole, raw, lrg
3/4	cup	Milk, 1%, w/add vit A & D
1.00	cup	Bread Crumbs, plain

Nutrients per serving

Nutrition Facts	
Serving Size (154g)	
Servings Per Container	
Amount Per Serving	
Calories 300	Calories from Fat 140
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 200mg	8%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 27g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Serving size: 1 steak approx 3 oz cooked = 1 CS

Cut meat into portions, 4 per pound. Mix flour, bread crumbs, salt, and pepper. Mix eggs and milk together. Dip meat into egg mixture, dredge steaks in flour mixture.

Brown meat in hot, oil shortening. Use nonstick spray also to help keep from sticking and to prevent using more oil.

Place, slightly overlapping in baking pans.

Add a little water to keep from drying out. Cover with foil

Bake at 325F for 40-60 minutes until fork tender.

Fat content actually < than label shows as some fat will drain.

HACCP

Cooking :

- Cook to an internal temperature of 155 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Cooling :

- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.